

Cognitive and behavioral features of Modern type depression in Japan

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1. Introduction

- In Japan, **Modern type depression (MTD)**¹ which has different features from those of traditional type depression has become problematic.
- **Interpersonal Sensitivity/Privileged Self (IP)**¹ is a new concept elucidating MTD.
 - **Interpersonal Sensitivity:** A tendency to be worried about/react excessively to negative evaluation by others.
 - **Privileged Self:** A tendency to pursue one's pleasure prior to harmony with others.
- **Interpersonal Sensitivity/Privileged Self Scale (IPS)**¹ developed to as a measure for the cognitive-behavioral features related to MTD.

1:Please refer to the handout for more information about MTD and IPS.

Traditional type Depression

It's all my fault.
I'm sorry...
I'm sorry... I'm sorry...



Modern type Depression

Is it my fault?
Rather,
I'm a victim.



2. Purpose

Examining the validity & reliability of the IPS

It is hypothesized that...

- The IPS score positively correlated with depressive symptoms.
- The IPS scores of people with MTD (e.g., Atypical type) would be higher than those of people with Melancholic type depression.

3. Method

Participants

- 225 (102 male) Japanese undergraduates.

Measurements

1. IPS

- The IPS has two superordinate factors (Figure. 1)
 - Interpersonal Sensitivity (IS; 16 items)
 - Privileged Self (PS; 9 items)
- Rating from 1 (*Very unlike me*) to 5 (*Very like me*).

2. Global Scale for Depression (GSD)

- The GSD is a 30-item scale divided into two parts (Fukunishi & Fukunishi, 2012).
- 1st part (17 items) measures the **level of depressive symptoms**. (In our study, GSD-1 yielded $\alpha = .87$)
- 2nd part (13 items) measures the **type of depression** affecting an individual (i.e., Atypical type, Melancholic type, or Unclassified).

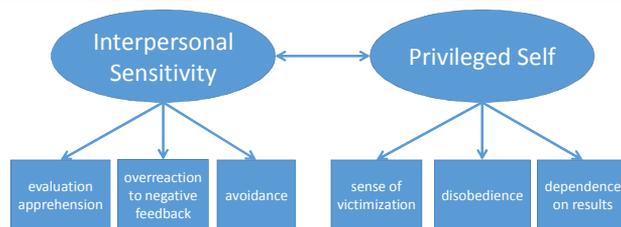


Figure. 1 Factor Construction of IPS

4. Results

1. Reliability - Cronbach's α

- Total IPS, IS, & PS score showed high internal consistency.

$$\text{IPS: } \alpha = .90, \quad \text{IS: } \alpha = .92, \quad \text{PS: } \alpha = .71$$

2. Validity (1) - Correlation Analysis -

- IPS, IS, & PS were positively correlated with GSD-1 ($p < .001$)

$$\text{IPS: } r = .40, \quad \text{IS: } r = .34, \quad \text{PS: } r = .35$$

3. Validity (2) - One-way ANOVA -

- IPS & PS showed significant differences between the depression types

IPS: Atypical > Unclassified (Figure. 2)

$$F(2, 212) = 3.49, p = .032, \eta_p^2 = 0.03, 95\% \text{ CI } [0, 0.09]$$

PS: Atypical > Unclassified, Melancholic (Figure. 3)

$$F(2, 212) = 9.21, p < .001, \eta_p^2 = 0.08, [0.02, 0.15]$$

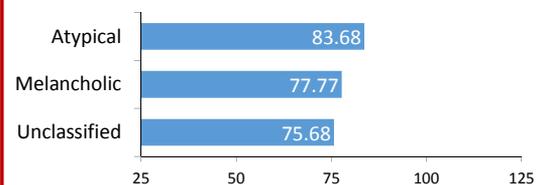


Figure. 2 Mean differences in depression type of IPS

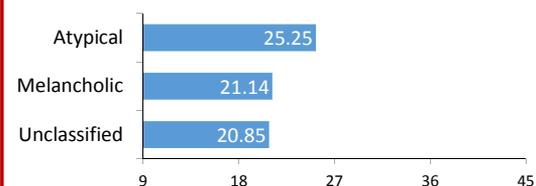


Figure. 3 Mean differences in depression type of PS

5. Conclusion

The IPS demonstrated excellent reliability, and strong discriminative and convergent validity. The IPS can be used to evaluate measure the cognitive-behavioral features of people with MTD, which is perhaps a vulnerability factor for depression.